

# HENDERSON COUNTY

## 4-H NEWSLETTER

January 2024 Edition

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**KENTUCKY**  **KENTUCKY STATE UNIVERSITY**  
**COOPERATIVE EXTENSION**



AREA TEEN RETREAT AT THE BLUEGRASS HALL OF FAME MUSEUM



**Cooperative Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities accommodated with prior notification.



Cooperative  
Extension Service

**PRESENTS**

# 4-H CAMP

**“UNDER THE BIG TOP”**

Save the Date!  
June 25th-28th

BE THE STAR OF THE SHOW



# LEARN HOW TO: **HAND KNIT A BLANKET**

January 17th from 4-5:30 PM  
Please bring 4 skeins of thick blanket yarn



## Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



# Apple Grilled Cheese

## Ingredients:

- 2 teaspoons butter
- 4 slices whole wheat bread
- 2 slices American or cheddar cheese
- ½ cup spinach
- 1 teaspoon honey
- 1 apple, cored and thinly sliced

## Directions:

1. Place a medium skillet over medium heat. Butter one side of each slice of bread.
2. Place one slice of bread in skillet, butter side down. Top with two slices of cheese and 3-4 pieces of spinach. Drizzle with honey. Place 2-3 apple slices on sandwich.
3. Top sandwich with other slice of bread, butter side up. Cook for 2-3 minutes, or until golden brown and flip.
4. Repeat for next sandwich or if your skillet is large enough, you can do two at a time.



Recipes courtesy of  
University of  
Kentucky NEP Plan, Eat,  
Move

Henderson County  
3341 Zion Road  
Henderson KY 42420

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*Allie Brasher*

Allie Brasher,  
4-H Youth Development Agent

*Christina Johnson*

Christi Johnson,  
4-H Youth Development Program  
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*Brianna Hill*

Brianna Hill,  
4-H Youth Development Agent